

Get Fit All Year Round!

***Please Note: Some Classes Only Seasonally Offered**

Thursday's Classes	Drop-In Fee Per Class ¹	Ages
<u>Step Aerobics</u>	\$10.00	16+
<u>Foundational Strength and Movement*</u>	No Drop-In Option	16+
<u>Circuit Training</u>	\$10.00	16+
<u>Functional Interval Training</u>	\$10.00	16+
<u>Light & Easy Conditioning</u>	\$7.00	16+
<u>Pilates Teens and Adults</u>	\$16.00	13+
<u>Zumba Fit</u>	\$10.00	16+

1 – Drop-in Fees are paid the day of class and receipts are given to the instructor.

[Register Online](#)

[View our complete guide and fill out the registration form](#) to register by mail, walk-in or fax (240-314-8759)

For more information email swimcenter@rockvillemd.gov

Learn more at www.rockvillemd.gov/swimcenter

355 Martins Lane, Rockville MD 20850